

PREPARING YOURSELF AND YOUR FAMILY

After a major disaster, the City will not be able to respond to all of the immediate needs of its citizens. Your family may be without help for hours or even days. Once the disaster hits, your family will not have time to shop or search for supplies. If your emergency supplies have been gathered in advance, your family will be better prepared if you must evacuate, or if you are confined to your home.

THINGS TO DO:

- ☐ Store one gallon of water per person per day in a sturdy plastic container.
- ☐ Maintain a three to five day supply of food.
- ☐ Assemble emergency supplies for your family.
- ☐ Prepare portable disaster supply kits for your car and workplace.
- ☐ Store your supplies in a safe, accessible location, preferably outdoors.
- ☐ Make provisions for your pets

EMERGENCY WATER

Water is one of the most important survival necessities after an earthquake or other major disaster. A person can survive weeks without food, but only a few days without water.

DO NOT USE WATER FROM:

Hot water boilers.
(home heating system)

Radiators.

Water beds. (Fungicides added to the water or chemical substances in the vinyl may cause the water to become undrinkable. The chemicals are not fully removed by purifiers.)

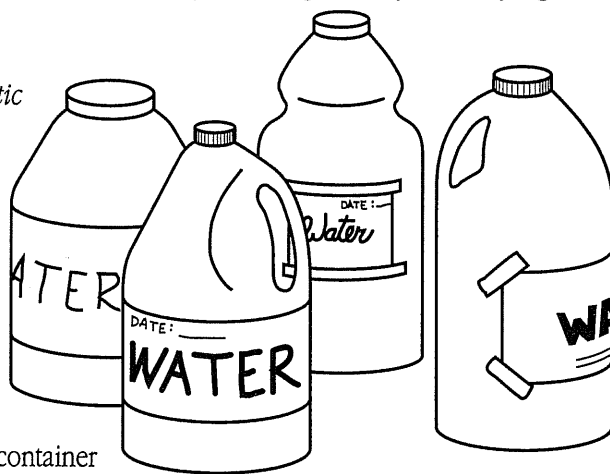
Swimming pools. Use this water for bathing purposes only. Using pool water for drinking can be harmful because of the chemicals used to treat it.

Amount

Store one gallon of water per person per day. It is a good idea to store at least a 2 week supply of water for each family member. However, if that proves difficult, it is essential that you prepare for a minimum of three days. If your water supply runs low, never ration water. Drink the amount you need today and try to find more tomorrow. You can minimize the amount of water that your body needs by reducing activity and staying cool.

Storage

Water should be stored in *sturdy plastic containers*, preferably opaque. Avoid containers that will decompose or will break easily (glass bottles). Chlorine bleach bottles work well. Plastic juice and milk containers are less desirable because the plastic becomes brittle over time and can crack, causing a leak. You can also use food-grade plastic buckets or drums. Be sure the container is thoroughly washed before using and never use a container that stored a toxic substance.



Store the water away from flammable, hazardous and toxic substances. These substances often will penetrate plastic and contaminate the water. The water should be stored in a safe and easily accessible location. Cool, dry and dark locations (closet, garage, under a bed, behind a couch) are best.

Alternative Sources of Water in Your Home

In the event you cannot use your stored supply of water, you can use the water in your hot water heater, in your home's water pipes and in melted ice cubes. Use water from the toilet tank (not the bowl) only after you have exhausted all other sources. Remember to purify the water. Avoid using the toilet tank water if a chemical additive was placed in the toilet tank.

If the water heater hasn't fallen over, you can use the water. Be sure the gas or electricity is off and then open the drain valve at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet in the home.

Caution: Do not turn on the gas or electricity when the tank is empty. Heating an empty water heater can not only damage the water heater but can also start a fire.

To use the water remaining in your home's water pipes, start by turning off the water at the main valve. Then, let air into the plumbing by turning on the highest faucet in the house and drain the water from the lowest faucet.

Emergency Outdoor Water Sources

If you need to seek water outside your home, you can use these sources after purifying it:

Rainwater

Streams, rivers and other moving bodies of water

Ponds, lakes and natural springs.

Avoid water with floating material, an odor or dark color.

Treatment of Water

Since contaminated water can contain microorganisms that cause diseases, water should be treated before using. There are several ways to treat water. Before treating, strain any sediment through layers of paper towels or clean cloths. The easiest treatment methods are boiling, chlorination and distillation.

Boiling is the safest method of treating water. To do this:

1. Bring the water to a rolling boil for 10 minutes.
2. Let the water cool before drinking.
3. If the water tastes flat, put oxygen back into it by pouring the water back and forth between two containers.

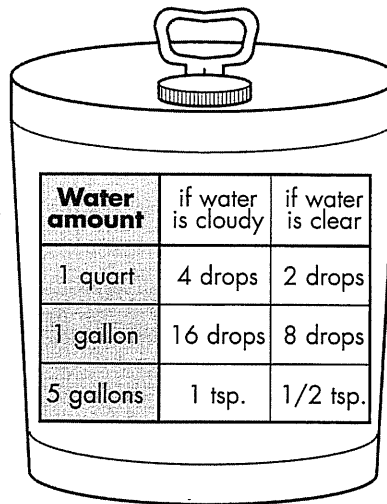
Chlorination uses liquid chlorine bleach to kill the microorganisms.

1. Use liquid bleach that contains 5.25 percent sodium hypochlorite and no soap. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the **only** active ingredient, are not recommended and should not be used.

2. Use the chart outline in the picture of the water container for the proper dosage amount.

3. Stir the water and let it stand for 30 minutes. If the water does not taste and smell of chlorine at this point, add another dose and let stand another 15 minutes.

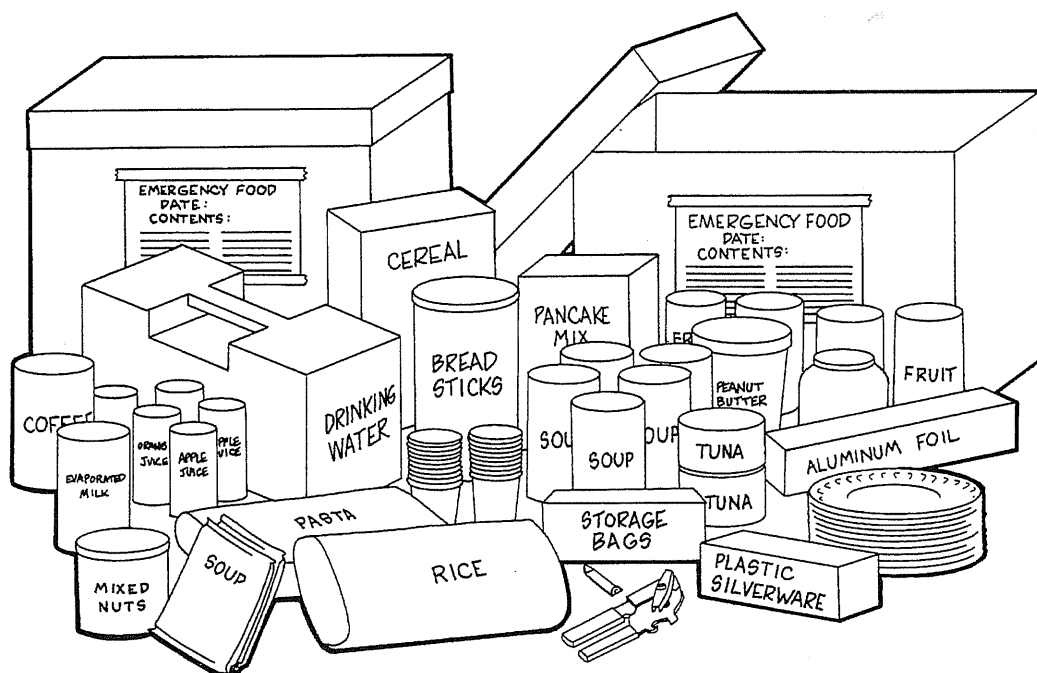
4. Use a medicine dropper or if one is not available, use a spoon and a thin strip of paper or cloth (approximately 1/4 inch by 2 inches). Put the strip in the spoon with an end hanging down about 1/2 inch below the scoop of the spoon. Place bleach in the spoon and carefully tip it. The drops will drip off the end of the strip.



Distillation of water will remove microbes and heavy metals, salts and most other chemicals. This involves boiling the water and collecting the vapors that condense back to water. The condensed vapors will not include salt and other impurities.

To distill:

1. Fill a pot halfway with water.
2. Tie a cup to the handle on the pot's lid so that the cup will hang right side up when the lid is upside-down (make sure that the cup is not dangling in the water).
3. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



EMERGENCY FOOD

- ☐ A disaster can dramatically disrupt the food supply at any time, so plan to maintain at least a three to five day supply of food above your normal requirements. You may have plenty of food on hand right now, but check your supplies to make sure.

When storing food, it is not necessary to buy dehydrated or other types of emergency food. Canned foods, dry mixes and other supplies you already have on hand are good for a number of reasons:

they do not require cooking or water for preparation; they can be kept with your regular supply; and, with proper storage, most canned and dry food will remain fresh for about two years.

Remember to date each package and can so you will know when to rotate them into your normal food supply. This should be done once or twice a year.

Choose foods that:

Your family will enjoy, especially the kids. It is best to serve familiar foods in stressful times.

Require little or no cooking or refrigeration in case the utilities are disrupted.

Come in cans or package sizes that contain portions small enough for one meal so the food will not be wasted.

Have a long storage life.

Need little or no water for preparation in case water service is disrupted.

Will not increase thirst. Avoid food with a high salt content.

Will meet the needs of family members who are on special diets.

Guidelines for Emergency Food Amounts for Adults

Type of Food	72 hour supply	Two Week supply	Useful Information
Canned meat, fish, poultry	6 servings	28 servings	One serving equals: 2-3 oz. meat, poultry fish 3/4 oz. dried meat
Canned soup			5 oz. condensed soup
Nuts/peanut butter			1/2 cup nuts, 4 tbsp. peanut butter
Fruits and vegetables	10-1/2 cup servings	46 servings	One serving equals 4 oz. canned fruit or vegetables 1/2 oz. dried fruit 4-8 oz. canned juices
Cereals and baked goods	10-12 servings	46 servings	One serving equals: 1 bread, roll or pancake 1/2 to 1 oz. dry cereal 1 oz. quick-cook cereal 1 oz. crackers 1 oz. cookies 3/4 oz. uncooked pasta 6 oz. cooked pasta 3/4 oz. rice
Fats and oils		Up to 1 pound or 1 pint per person	Choose types that do not require refrigeration

How to Store Emergency Food

How long food lasts depends on how it is stored. The ideal location is a cool, dry, dark place. The best temperature is 40 to 60 degrees Fahrenheit. High temperatures contribute to the rapid spoiling of most types of food.

Keep food away from petroleum products, such as gasoline and oil. Some food products absorb their smell.

Protect food from rodents and insects. Items stored in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in metal containers.